

FREE



Workshop

Presents

“Stress Management”

**Monday, October 22, 2018
6pm-8pm**

St. Elizabeth Hospital
4900 Houston Road
Florence, Ky 41042

Meeting will be held in the Lower Level Conference room near the cafeteria.

Is stress the head of your household? Are you ready for the stressor ambulance? Let us give you some tips, strategies and ways to help relieve the stress that comes from life.

RSVP:

Barb Sweeney, First Steps

at 859-655-1198 or

Barbara.Sweeney@stelizabeth.com

Co-Sponsor:



Kentucky-Special Parent Involvement Network, Inc.

Toll Free 800-525-7746 Website: www.kyspin.com

